

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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Marine Corps Logistics Base Barstow, California

July 24, 2003

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BARSTOW LOG
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<https://www.barstow.usmc.mil>

Logistics Command mission defined

Colie Young
LogCom PA Specialist

Early this year the Marine Requirements Oversight Council re-evaluated how the Corps' logistics operations can best support its operating forces. Council members determined refining the acquisition and how the total life cycle management of weapons systems and equipment would make an immediate improvement in the excellence in warfighting campaign. The result: the Marine Corps Logistics Bases merged with the Marine Corps Materiel Command to become the Marine Corps Logistics Command, or LogCom for short.

Headquartered in Albany, Ga., LogCom has five subordinate commands: Marine Corps Logistics Base Albany; Marine Corps Logistics Base Barstow, Calif.; Blount Island Command Jacksonville, Fla.; Albany's

Maintenance Center; and Barstow's Maintenance Center.

LogCom's main goals are to maximize the readiness and sustainability of the Corps' operating forces and to support enterprise and program level total life cycle management for the service, and other customers.

Although many forward deployed units continue to praise the logistical support the command provides, the Corps continuously looks for ways to improve. With the merger, LogCom expects to improve the already-outstanding responsiveness of the maintenance centers; institute a supply and distribution chain team that will be more involved in the operational aspect of missions; further revitalize its prepositioning program; and enhance its enterprise-wide materiel readiness focus.

Led by Maj. Gen. Harold Mashburn Jr., LogCom will be the preferred provider of collaborative

maintenance management, supply chain management and strategic prepositioning for the Marine Corps and other services and agencies. Mashburn said because the command has excelled in recent conflicts, some might view further improvements as challenging.

"I view this as an opportunity," the general officer said, sitting back in his chair with a smile. "This is simply another opportunity for our workforce to shine," Mashburn continued. "We are ready to handle the regeneration of equipment, both that which remained behind in CONUS (continental United States) and the equipment coming in from the backloaded ships at Blount Island. Our workforce, both military and civilian, plays a critical role and they've shown the fortitude to handle change and to continue producing quality services and products."

LogCom's workforce has adjusted to many changes the command has

experienced. The biggest change this recent merger will bring is that the command's role will actually change from its previous supporting capacity to more of an operational player.

"Operational relevance" is how Mashburn described it, the right thing, at the right place, at the right time.

"LogCom's focus is more on the operational aspect of the Corps' operating forces," Mashburn pointed out. "We have plans to embed small (LogCom) teams with our Marines in the field and those forward deployed. Additionally, we're doing more joint service missions and forming public-private partnering ventures that really help us. These efforts are putting (LogCom) people at the forefront on every level."

Aside from a focus on the operating forces, other enhancements within LogCom are expected. The multi-com-

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New DOD personnel system needed to meet new challenges

By Jim Garamone
American Forces Press Service

WASHINGTON – DOD's military and civilian personnel systems need to be as flexible as the fighting forces they support, Defense Secretary Donald H. Rumsfeld wrote in a Washington Post commentary Friday.

Rumsfeld used the article to urge Congress to pass the Defense Transformation Act. DOD needs the act to eliminate burdensome regulations, to be able to move military and civilian employees around more flexibly and to give employees the tools they need to do their jobs.

The legislation has been placed in the 2004 Defense Authorization Bill. That bill is in conference committee.

DOD officials would not hazard a guess when the compromise bill would be voted on.

"In an era when our enemies are moving at the speed of satellites, cell phones and cyberspace, these burden-

some regulations are not acceptable," Rumsfeld wrote.

"The Department of Defense cannot meet the challenges of the future with an organization anchored to the past.

On the military side, the act calls for DOD to shift 300,000 service members out of jobs that could be done by civilians. "While the nation is asking tens of thousands of reserve troops to leave their jobs and their families to help fight the global war on terrorism, it is estimated that on-duty military personnel are serving in more than 300,000 jobs — at additional cost to the taxpayers — that could be filled by civilian workers but are not because the department doesn't have the authority to manage its civilian personnel," the secretary wrote.

The new National Security Personnel System would also reduce red tape and provide hiring flexibility, Rumsfeld

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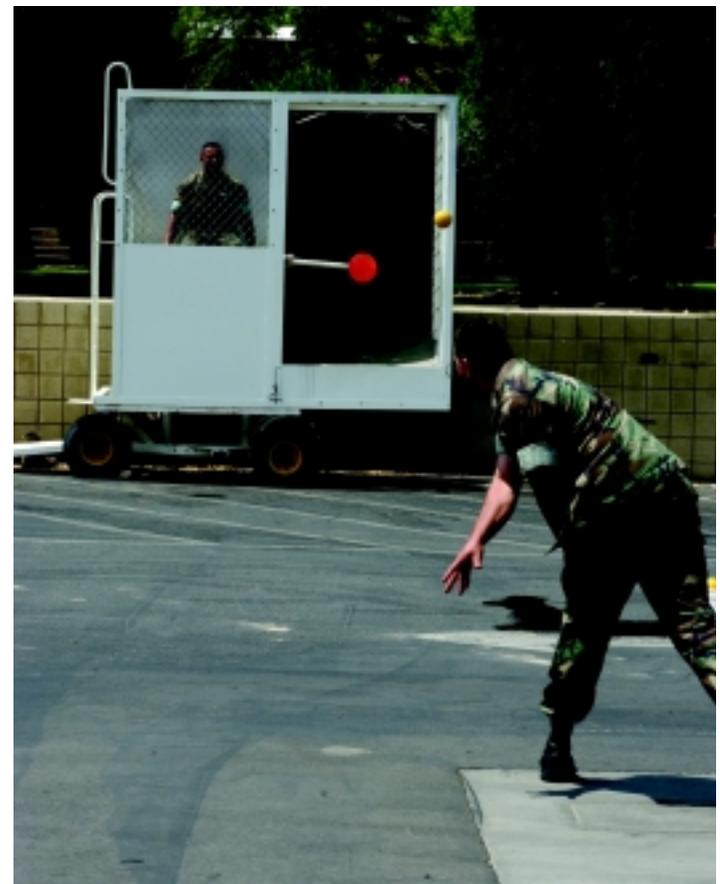


Photo by Lance Cpl. Andy J. Hurt

1st Lt. Michael R. Smith, finance officer in the Office of the Comptroller, puts some heat on the ball as he tried to sink base Sgt. Maj. Taulago Tautua at a fundraiser for this year's Marine Corps Ball. Staff NCOs and officers were voted into the tank by other Marines.

Building a first-rate DOD personnel system

By Jim Garamone
American Forces Press Service

WASHINGTON – It's all about building a first-rate personnel system to complement a first-rate military, said David Chu, undersecretary of defense for personnel and readiness. In an interview, Chu spoke about the changes that may come about if Congress allows DOD to set up the National Security Personnel System. For civilian employees the system will mean pay banding, easier hiring and firing, better compensation for the

best personnel and many other aspects. For military personnel, it will mean that many jobs – 300,000 by some estimates – now being performed by service members will revert to civilian employees or contractors. It may change the length of time general and flag officers must serve to retire, and it may allow some officers to stay in certain jobs for a longer period of time. For the reserve components, it may allow individuals to move between active duty and reserve component jobs more easily.

These changes were originally part of the Defense Transformation for the 21st Century Act of 2003. The legislation is now being considered as part of the Defense Authorization Act. Chu said the vast majority of Americans “think we're stodgy and unresponsive and they are right.” Some of that is deserved, but some “reflects the statutes we're forced to operate with.” Chu says it takes a long time to hire a new worker. This can cause serious problems in offices, especially if someone leaves unexpectedly. The department also does a poor

job of recognizing excellent workers. Merit pay has to be more than a buzz word, Chu said. Compensation must be tied to performance and the proposals do this. It is also a problem to fire someone. DOD is not good in getting rid of poor performers, he said. “Everybody wants to be part of a first-rate organization,” he said. “And first rate means if you're not cutting it, then you're out of there. And we don't have the mechanisms to do that.” DOD will build on the successes on nine demonstration projects to put pay banding into effect. The depart-

ment will move immediately to institute the pay reform in the acquisition community – the department already has the authority to do that. It must wait for changes in legislation to institute the practice throughout DOD. If accepted, there will be five career fields with three or four pay bands, depending on the career field. The idea gives managers a lot of flexibility in placing new hires and rewarding good workers, Chu said. Chu also spoke about proposed changes to reduction-in-force rules.

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Thoughts on marriage

By Lt. Cmdr. Randel Livingood
Base Chaplain



Since I have arrived in Barstow I have had many interesting conversations with a multitude of interesting people. One of the topics that I seem to be asked the most about is marriage. There are many schools of thought on marriage preparation, whether it is needed or not, and also what the tenure of the counseling should be. Some think the counseling is not needed at all and that love will be the guiding force that will carry the day. Others think that each marriage should be evaluated from the basis of personality types and that as those types are compared the evidence will bear out whether the couple should be married or not. What is most interesting is that when marriage or pre-marital counseling is the topic of discussion even the greatest neophyte is an expert. I am not exactly sure how that works, but it is nonetheless a fact of life that most persons believe they will be able to work any difficulties that they may have on their own.

One question I personally enjoy asking people is whether or not they have recently purchased a new car, home, boat, stereo system or some other major expenditure. More often than not the response is usually that they have. I always enjoy asking them to tell me about the process of coming to the decision of their purchase. Usually, they tell me how they began their search by hearing what other people had to say about the product in question and then how they used the Internet to search for all the product reviews that were related to their purchase. If it was a car, they looked into how much the interest on the payments was going to be and where they would get the best rate of finance. They researched which dealership had the best service record and what kind of accessories came with the vehicle. At the end of the day they discuss how they often spend months finding just the right vehicle to meet their needs and how that they felt confident that they had all the information available before the purchase was made. Then I get to ask them how much time they have spent researching how to have good marriage.

Almost without exception I find that people spend more time researching a major purchase than they do on finding information on how to have a successful marriage. There

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Just doing my job ...



Photo by Lance Cpl. Andy J. Hurt

Jim Stradleing, a machinist at MCB, CWC 721, grinds and polishes an engine crank from a Cummings 400 AAV motor. Stradleing and many other Civilian Marines from MCB have been working constant overtime in support of Operation Iraqi Freedom.

Chapel Services

Protestant Sun. 8:30 a.m.
Mass Sun. 10:30 a.m.

Confession services before Mass

Catholic Rosary

First Saturday of every month.
3 p.m. at the Base Chapel.

For more info call 577-6849.

Nebo Bible Study

Wednesday Noon-1:30 p.m.
At the Chapel Office.

For more info call 577-6849.



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News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Thursdays for the next week's issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Lunch menu

Unless otherwise indicated lunch menus for the Family Restaurant and Cactus Cafe are the same. Lunch menus are subject to change.

Today – Tarragon chicken.

Friday – Breaded Hoki fish.

Monday – Fried chicken.

Tuesday – Meatloaf.

Wednesday – Hot roast beef sandwiches.

Active duty military \$3.25, all others, including civilians \$4.75. Lunch entrees include roll/butter, vegetable, coffee, tea or soft drink.

Lunch is served at the Family Restaurant from 10:30 a.m. to 1 p.m. At the Cactus Cafe from 11 a.m. to Noon.

Cactus Cafe serves hamburgers, subs, salads and other line items available for walk in lunch. Other Family Restaurant lunch menu items, please call in your order before 9:30 a.m. to the Family Restaurant at 577-6428.

Breakfast

Breakfast at the Family Restaurant is from 5:30 to 7:30 a.m. At the Cactus Cafe from 5:30 to 6:30 a.m. Prices: Active duty military \$1.60, all others \$3.25.

Family Night Dining

Tonight – Viva La Italia! Beef lasagna, chicken cacciatore, rice pilaf, Italian vegetable, dessert and choice of fountain drink. Prices are the same for military and civilian..

FSD phone numbers

Some Fleet Support Division phone numbers will temporarily change due to construction. Here are the effective dates for the following

phone numbers:

July 14 — 28
Deputy Director, 577-7707
Fax, 577-7703
Management Services Office
Administrative officer, 577-7816
Fax, 577-7703
Budget analyst, 577-7816
Operations Branch
Head, 577-7800
Management analyst, 577-7481
Supply sys analyst, 577-7708
PEI Management Branch
Head, 577-7800

July 28 — Aug 1
Operations Branch
Supply tech, 577-7481
Quality Assurance Section
Supervisor, 577-7975
PEI Management Branch
Lead supply tech, 577-7863
Fax, 577-7074

Power outages

Due to an upgrade of the Nebo electrical system, there will be power outages on the dates, times and locations listed below.

On Saturday and Sunday from 7 a.m. to 4 p.m., the buildings affected will be Warehouse 3E, 3W, 2, 4, 5, 7, 9, 11; Buildings 353, 36, T-100, 15, 233, 232, 144, 145, 325, 325A, 343, 227, the Golf Course maintenance area/pesticide wash rack, sewer pond, filtration plant, and Building 326 wastewater treatment plant.

Note: Wastewater Plant and Building 15 have back up generators.

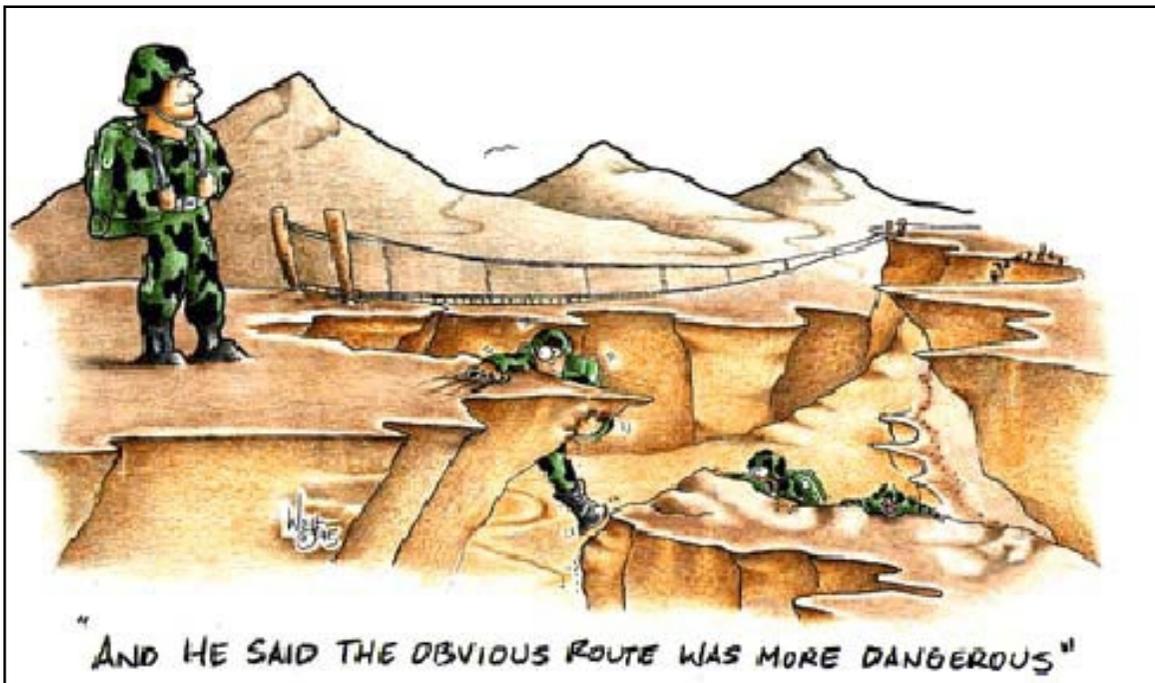
On Aug. 2 from 7 a.m. to 4 p.m., the buildings affected will be buildings 114 (Oasis Temporary Lodging), 370 (base armory), and contractors' offices (All Cities, Stronghold, Phoenix, etc.).

Note: Temporary power will be provided to Building 114.

On Aug. 3 from 7 a.m. to 4 p.m., the buildings affected will be buildings 164, 327, 146, 147, 165, DRMO electric gate, DRMO electric scale, and the east guard gate.

Uniform changes

MarAdmin 310/03 announced that



the mandatory possession date for both one set Marine Corps combat utility uniform — woodland Marine pattern by Oct. 1, 2003, and one pair of Marine Corps combat boots — hot weather by April 1, 2004, is changed to Oct. 1, 2004.

The possession date change is due to the inability to establish retail online uniform sales of MCCUU items. The mandatory possession date is Oct. 2004.

For more information read MarAdmin 310/03.

'Our Flags - Our History'

The Mojave River Valley Museum is holding a free daily flag display titled "Our Flags, Our History" until Aug. 31 from 11 a.m. to 4 p.m.

The museum is located in Barstow at 270 E. Virginia Way, at the corner of Barstow Rd. and Virginia Way. Flags from almost every era of American history are represented. Along with the American flags, there will be flags from other aspects of the nation's history, like the California State flag, Marine Corps flag, San Bernardino County flag, San Bernardino County Sheriff's Department and the state flags of Utah and New Mexico.

Central to the whole event is a sa-

lute to the 48 star flag and World War II. The display will feature the story of two different soldiers and a very interesting tatted (tattooing is a form of hand making lace) 48 and 50 star flags. Along with flags are lessons on the care of the U.S. flag, flag history and a unique story for each of the flags.

Children have not been forgotten. There will also be a children's flag coloring contest with interesting, educational prizes.

Play mornings

Starting in August, the New Parent Support Program will be sponsoring "play mornings" every Wednesday from 9:30 to 11 a.m. Parents are encouraged to bring their children, age 5 years old and under, to attend a fun-filled morning of crafts, toys and music. Call the New Parent Support Program at 577-6332 for location and to register.

Classic cars

The 5th Annual Main Street USA Run is scheduled for Sept. 13 from 10 a.m. to 3 p.m. in downtown Barstow off the Historic Route 66 (from First to Seventh Streets).

The event supports the Boys and Girls Club of Barstow and is open to all years of classic cars, trucks, convertibles, low riders, foreign/imports, and PT Cruisers. Pre-registration is \$20 until

Aug. 29, after which it will be \$25.

New for 2003: Battle of Bands, valve cover races and children's model car contest. "Meet and greet" will be held Sept. 12 at Foster's Freeze (located on Main Street near H St.).

For more information, call (760) 255-1691.

All-Marine rugby

Semper Fit is seeking resumes for the All-Marine Rugby Team.

The All-Marine Rugby Trial Camp

is scheduled for Oct. 12-18 at MCCRSC Kansas City.

Interested Marines must submit resumes no later than Sept. 16. Resumes must include past two years playing experience and contain command endorsement stating the nominee will be made available to attend related rugby tournaments if selected.

Resumes may be found at http://www.usmc-mccs.org/SemperFit/sports/sports_main.asp. Resumes must be sent through local MCCS Semper Fit athletic directors.

For more information, read MarAdmin 297/03 or call (760) 256-5452.

Reunion Service

The U.S. Naval Institute's free, online Military Reunions Service is promoting nearly 300 reunions.

The service, designed to link reunion organizers with potential reunion attendees, is available for reunions being sponsored by any military

unit or group as well as any military-related association. The Web-based database allows participants to post and modify reunion notices, search for reunions, and sign up as a reunion attendee.

Anyone may browse and search the reunion database. To post a reunion or sign up to attend an event requires the user to register online. For more information, visit www.usni.org/reunions/reunions.html or call (410) 295-1058.

Boxers needed for All-Marine team

The All-Marine Boxing Trials And Armed Forces Boxing Championships will be held at MCB Camp Lejeune, N.C. The All-Marine Boxing Trials will be held Nov. 17 - 22 and the Armed Forces Boxing Championship will be held Dec. 6 - 12.

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-259-03-NR	Mobile Equip. Metal Mech. Supv. 1	06-30-03	07-30-03	07-14-03	MCLB Barstow
	WS-3809-10 (Permanent)				

Applicants interested in the above positions should submit résumés online at the following Web sites: <http://www.donhr.navy.mil> and/or <http://www.usajobs.opm.gov>.

For information regarding open continuous announcements go to <http://www.donhr.navy.mil>

For more information concerning public job announcements visit the Self-Service Center, Building 236, Mondays through Fridays from 7 a.m. to 3:30 p.m. or call the Human Resources Office, 577-6357, 577-6279, or 577-6481.

This is not an official list. See the Web sites listed for a complete list.

Child Tax Credit check 'in the mail'

By Master Sgt. Allyson C. Hedrick
Personal Services Division

You may have heard that congress approved a new tax law that raises the maximum amount of child tax credit from \$600 to \$1000 per child in 2003. "Good news", you say. Well it gets better than that. The IRS will be sending out advance payments of the new rate in the coming months, July through August. Advanced payments will be up to \$400 per qualifying child.

You are eligible for the new credit if you received the full amount of tax credit on your 2002 federal tax return and your child was born after 1986.

The IRS will automatically send you a notification if you qualify, then at a later date mail a check to the address on your 2002 tax return.

The IRS will also send the checks in numerical order based on the last two numbers of your social security number listed on the 2002 tax return, 00-33 mailed July 25, 34-66 mailed Aug. 1, and 67-99 will be mailed Aug. 8. Families who have requested an extension and have not filed their 2002 tax return yet can still receive the ad-

vanced payment. If you have not filed your 2002 tax return yet, it is important that you figure the child tax credit using the credit amount of \$600.00 from 2002. Once IRS gets your tax return they will figure out if you should receive the advance payment. The IRS will send you a notification and check four to six weeks after receiving your return if you are entitled to the advance.

The advanced payment of the new credit limit will have little effect on your 2003 taxes and the new credit will not raise your taxes. The advance payment will reduce your 2003 refund amount by the difference in Child Tax Credit to approximately the amount you received last year. Should the amount you receive in the advance be more than you are entitled to you will not be required to repay the difference between the advance and your credit in 2003.

Make sure you keep notifications and other documents for your records. You will need the paperwork from the IRS to calculate your 2003 return and credit.

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modity maintenance centers continue to benefit from better business practices; the Corps plans to purchase the land at Blount Island; partnerships with public and private sectors continue to form; and a logistics chain team is being developed to pull together supply, distribution and materiel readiness components.

"LogCom is extremely unique to the Marine Corps," said R. Ken Trammell, LogCom's deputy commander. "Everyone in the command, to include the folks at Barstow and of course Blount Island, makes it happen every day. The Marine Corps leadership acknowledges the professionalism of all the people in LogCom."

Trammell's comments are underscored by a recent recognition by Lt. Gen. Earl Hailston, commanding general of Marine Forces Pacific. Hailston provided kudos to "... the folks at Albany ..." for getting the first MPSRON ship out of Kuwait ahead of any schedules imagined just a few weeks ago.

"Comments such as these," Trammell added, "are what

makes me proud to be part of this organization."

Trammell has been a part of the southwest Georgia-based command for more than 11 years. He is the former executive director at MatCom as well as the former deputy commander at LogBases.

"One of the major things that the workforce can do is to continue to perform their jobs at the same excellent level they have in the past," the deputy continued, "keeping an open mind and the flexibility to adopt new ways of doing those jobs."

Mashburn agreed.

"LogCom really has one main strength," Mashburn stressed. "It's our people - they make things happen. As long as they remain engaged we'll be fine - regardless of the changes we're undergoing. Our workforce realizes that everything they do is critical to the warfighter - that's the good news."

Editor's Note:

The Barstow Log will periodically publish articles highlighting MCLB Barstow's and Maintenance Center Barstow's unique roles in LogCom's newly-defined "excellence in warfighting" campaign.

CHAPLAIN from Page 2

are some great resources for information available to anyone who wants to know more and takes the time to look.

For military folk, they can use the chaplain as a resource and also the Personal Support Division among others.

For our civilian counterparts local pastors can be a tremendous resource for marital education, and the Internet can provide hundreds of resources as well as the local library.

So if you are one of those people who just found out that you spent more time researching your new stereo system than you did your life mate, take a moment and reflect on how you might improve your knowledge base about the most important decision you will make in your life and remember that the chaplain's door is always open.

Peace,
Fr Randel

Commissary scores high marks in survey

By Lance Cpl. Andy J. Hurt
BARSTOW LOG staff

There comes a time in the life of every commissary when its patrons come together to give it a piece of their minds.

The most recent "intervention" was known as the spring 2003 Commissary Customer Service Survey. Patrons were authorized on certain days between certain times to fill out a questionnaire, which was submitted to an independent organization that specializes in analyzing survey results.

This spring the MCLB Barstow Commissary did exceptionally well, improving over the previous survey's phenomenally high grades.

According to Jim Meugniot, commissary store director here, MCLB Barstow's store earned marks higher than average. On a national level, stores chalked up an overall average of 4.42, surpassing scores from November 2002 of 4.32. MCLB Barstow, on the other hand, scored 4.91 in November and improved on the score over the months, totaling an average 4.94 points, surpassing its high standards.

The commissary here and every commissary serving the United States armed forces, belongs to an organization known as the Defense Commissary Agency, or DeCA. DeCA operates a worldwide chain of more than 280 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Currently, the commissary here is tied for second place for best store in the Western/Pacific region, which includes 83 stores in nine states, Japan, Okinawa and Guam, said Meugniot.

The survey presented a list of services that patrons were to rate on a scale of one to five. The points were then averaged and totaled. According to Meugniot, the MCLB Barstow commissary scored perfect fives in three of the 14 survey questions.

More importantly than point totals and ranking is the commissaries' dedication to the patrons. On average, the commissary offers savings in excess of over 30 percent, said Meugniot.

"Out of 100 dollars, they can keep that extra 30."



Photo by Lance Cpl. Andy J. Hurt

Last summer the produce section at MCLB Barstow's Commissary earned the highest score ever given by a Produce Assistance Team visit. The produce was graded a 4.79 on a scale of 1 to 5. "Every day our produce looks beautiful because it's high quality, and the workers do an excellent job displaying it," said Jim Meugniot, MCLB Barstow Commissary director.

National Do Not Call Registry open for business

Consumers finally get a choice about pesky telemarketing sales pitches

Registration is free. The Federal Trade Commission, the Federal Communications Commission, and all states will begin enforcing the National Do Not Call Registry on Oct. 1.

That's when consumers who put their numbers on the registry by Aug. 31 will notice a downturn in the number of telemarketing calls they get.

Placing a number on the National Do Not Call Registry will stop most, but not all, telemarketing calls. Telemarketers have up to three months from the date people register to remove a registered telephone number from their list and stop calling those numbers.

Federal law prohibits most telemarketers from calling registered numbers after an approximately three-month grace period. The law may subject violators of the Do Not Call Registry to an \$11,000 fine.

California adopted the National Do Not Call Registry as the state do not call list, and has been pre-registering California telephone numbers on the state web site.

Unfortunately, there are some who



**NATIONAL
DO NOT CALL
REGISTRY**

have tried to take advantage of consumers so people should be careful and check the legitimacy of Do Not Call lists to protect their privacy. The California Attorney General already has shut down a bogus operation (<http://ag.ca.gov/newsalerts/2002/02-132.htm>) where scam artists sought to take illegal advantage of consumers. The FCC also has

issued a consumer alert (<http://ftp.fcc.gov/cgb/consumerfacts/telemarketscam.html>) on identity theft scams taking improper advantage of Do Not Call registry programs.

Service members should, with the assistance of legal assistance, file complaints with the Military Sentinel database at <http://www.consumer.gov/military> if consumer fraud has occurred.

Complaints so logged are reviewed by the FTC and may be investigated by the FTC or by the United States and participating foreign law enforcement agencies that utilize the database.

Service members may contact the base legal office for assistance or further referral. Although advice is not given over the phone, people may call 577-6874 for an appointment. For other ways to stop unwanted telemarketing calls, visit the following consumer tips Web page: <http://ag.ca.gov/donotcall/consumer.htm>.

Editor's Note: Information from the Do Not Call Registry Web site and a Judge Advocate Legal Assistance advisory were used for this article.

Do Not Call Registry Press Release

The National Do Not Call Registry is open for business, putting consumers in charge of the telemarketing calls they get at home.

The federal government created the national registry to make it easier and more efficient for people to stop getting telemarketing sales calls they don't want.

People can register online at <http://donotcall.gov> if they have an active e-mail address. They may also call toll-free, 1-888-382-1222 (TTY 1-866-290-4236), from the number they wish to register.

Traveling with TRICARE

The details of 'on the road' health care

TRICARE Press release

During the summer many families will be taking their vacations or simply transferring to another assignment.

For whatever reason you travel, TRICARE can help with your health care needs while you're on the road. Find out first here.

Emergency care

An emergency is a medical or psychiatric condition that would lead an average, non-medical person to believe that lack of immediate medical attention would threaten life, limb or sight. Emergency care is also appropriate to relieve severe pain or suffering.

If you are confronted with an emergency while traveling, seek immediate care at the nearest hospital emergency room. Then follow these steps:

Contact your Primary Care Manager (PCM) if you are hospitalized or if you need follow-up care.

Contact the Health Care Finder (HCF) at (800) 242-6788, within 24 hours, if you are hospitalized, to initiate a record of the care you are receiving.

You may have to pay hospital and/or doctor charges. Keep all receipts and other documents

related to the care you receive – this will ensure proper and quick payment of your claim after you return home

Urgent care

For urgent but non-emergency conditions while traveling (such as ear infections or sprains), you will need to contact an HCF *before* you receive care.

If a prior authorization for urgent care is not received from the HCF prior to receiving care from a civilian provider, you will be billed under the Point-of-Service (POS) option.

This means you will pay a higher cost-share and deductible.

We also recommend that you also notify your PCM that you have seen another physician soon after you have received urgent care.

Kids traveling alone

If your child will be traveling alone this summer or visiting friends or relatives alone, prepare ahead for possible medical problems.

Follow these tips:
Send their military ID card and prime ID card (if a member) with them.

Provide the name and phone number of their PCM or doctor and the number for the Health Care Finder (800) 242-6788 to the caregiver. Provide a medical release that will allow the primary caregiver to authorize medical care, if needed. Contact your local JAG or legal office for help with this.

Prescription medication

Use the TRICARE Mail Order Pharmacy (TMOP) before you leave home.

Through TMOP you can receive up to a 90-day supply of most medications.

For additional information, call TMOP at (866) 363-8667 or visit www.express-scripts.com.

When traveling within your region, pay only the copayment by using a network pharmacy.

If you need to fill a prescription while outside of your TRICARE region, you will need to pay the entire amount and seek reimbursement from TRICARE when you return home.

You can get a claim form at www.TRICARE.osd.mil/claims.

For more information call customer service at (800) 242-6788.

Semper Fit, SMP, SACC 101 Days of Summer Drug-Free Challenge

By Lance Cpl. Andy J. Hurt
BARSTOW LOG Staff

What could possibly be better in the hot Barstow sun than chilling out with the best friends you'll ever have, competing in endurance challenges with fellow Marines, or just hanging out at the pool?

This summer, the Single Marine Program, in alliance with Semper Fit and the Substance Abuse Control office is sponsoring the 101 Days of Summer Drug-Free Challenge for all Marines, civilian Marines, family members and retirees to participate in.

The challenge is to stay drug-free, and if one chooses to drink, do so responsibly.

The challenge is based on participation in various events and contests throughout the summer.

Participants will receive a point value according to their level of participation in each event. The point system will yield a first-, second- and third-place winner at the end of the campaign, Sept. 1.

Events will focus on the challenge of staying drug-free, drinking responsibly and leading a healthy lifestyle.

A "summer splash" kicked off this year's contest on July 11. The next event, slated for July 25, will be a drug-free run-a-thon. The run-a-thon consists of an up to six-mile run. Contestants will be awarded points depending on the number of miles they run, five points per mile.

A desert challenge is also scheduled for August. Team members will be awarded points participating, and the top three teams will be awarded bonus points accordingly.

A SACC substance abuse brief is scheduled for Aug. 19. Individuals will be awarded points simply for attending the class.

At the end of the summer, point totals will be tallied. The first-place winner will receive a weekend at Big Bear Mountain. Second prize is a 27-inch color television set, and third place will receive a \$50 gift certificate.

For more information about the 101 Days of Summer Challenge, contact Staff Sgt. Johnson, substance abuse counselor, at 577-6851.

GOT NEWS? *If you think you've got something newsworthy call the public affairs office at 577-6430.*

Around the Corps

Marines strike secret Ba'ath Party hideout

By Army Sgt. Mike Sweet
Marine Expeditionary Force

SHAMIYA, Iraq - Applying increased pressure to those loyal to former Iraqi President Saddam Hussein, Marines from the First Marine Division raided a secret Ba'ath Party hideout July 14, which intelligence sources said was being used to plan future attacks against coalition forces.

Members from 1st Battalion, 7th Marine Regiment, based out of 29 Palms, Calif., conducted the nighttime raid in which they detained more than six suspected Ba'ath Party members.

In the raid, the Marines also recovered a small cache of weapons and Ba'ath Party documents.

The raid was the second in less than a week for the men of Weapons Company, 1st Battalion, 7th Marines, said Cpl. Tony J. Perolio, a company sniper from St. Louis, Mo.

"The word is out," said Lt. Col. Christopher C. Conlin, the commander of the 1st Battalion, 7th Marines. "We are going to press them and keep pressing them so they will think twice before hitting coalition forces."

Using a shock and awe technique of their own, the Marines hit the hideout before the terrorists knew they were in the house. As teams of Marines from Weapons Company stormed into town, Marine helicopters raced in overhead, providing leaders on the ground with a



Photo by Army Sgt. Mike Sweet

Capt. Taylor L. Grimes, commanding officer, weapons company, 1st Battalion, 7th Marine Regiment uses a terrain model to brief his troops before a raid of a secret Ba'ath Party hideout in Shamiya, Iraq, July 14, 2003, where members are suspected of planning attacks on coalition forces.

birds-eye view of the operation, and were ready to provide deadly and accurate fire from above if the devil dogs on the ground called for it.

"The raid was in a very confusing urban setting," said Capt. Taylor L. Grimes, a native of Chapin, S.C., and commander for Weapons

Company. "It is not a setting that we usually operate in."

Because the raid was conducted in a small town that the Marines had not operated in before, they prepared for it by recreating the village on a terrain map using rocks for houses

and powdered Gatorade mix to outline the roads. This gave the Marines a chance to see the village before they went there.

"We did a lot of rehearsals and used terrain models to get us ready," Grimes said. "It builds situational awareness so each Marine (knows) what the other is doing."

Although Grimes planned and executed the raid, Conlin, who is an anti-terrorism expert, and Sgt. Maj. Henry E. Bergeron, battalion sergeant major, could not be kept away from the fight.

"The battalion commander and the sergeant major are always up front," said Cpl. Gabriel S. Lemonie, from Baton Rouge, La., and a sniper with Weapons Company. "On the way up (the unit's advance on Baghdad), (Bergeron) was clearing out his own rooms."

If taking men into harm's way isn't challenging enough, having the boss around normally makes most people nervous - except for these Marines.

"That's what Marines do; as a leader we fight from the front," Grimes said.

The raiding party used the tight spaces and the cover of night to their advantage. In the confusion of the raid, some of the suspected terrorists ran right into a group of Marines waiting for them at the end of the street.

The suspects were quickly searched and

See HIDEOUT Page 9

Georgian soldiers get down and dirty training

By Capt. Teresa L. Ovalle
Marine Forces Europe

KRTSANISI, Georgia - Injuries claiming casualties in combat are not limited to a "round down range," an RPG or a hand grenade. Non-combat related injuries claim casualties just as easily as a well-aimed bullet.

Rashes, Trench foot, food poisoning, malaria and the plague are just a few non-combat casualty considerations of doing battle in a foreign country.

Preventing these injuries from happening is on the shoulders of the preventive medicine soldiers, usually assigned to an Army medical detachment. They go into an area, prior to the unit arriving, and conduct a series of tests to ensure the surrounding area is safe for the incoming unit. If the chosen area deems unsafe, the soldiers either chose a different location or begin the work necessary to decrease the number of non-combat casualty concerns within a particular area.

Eighteen Georgian soldiers of the 113th Light Infantry Battalion took the challenge of becoming the first preventive medicine trained soldiers in the Georgia Train and Equip Program and in their battalion.

"I was impressed with the training," said Cpl. Berdia Kalandia, medical platoon, 113th Light

Infantry Battalion.

"It's practical and it's something that we can use in combat."

The 40-hour period of instruction is not for the light hearted.

The two - to - three - hour 100- question test covers a myriad of subjects to include base camp assessment, water quality monitoring, personal hygiene and messing facility/area analysis.

Insect control and pesticide use, heat stress management, field sanitation, chemical storage and rodent control are included in the program.

As an addition to the class, the Georgian soldiers learn depleted uranium testing procedures, both in the classroom and during a practical application exercise.

Many munitions and armor-plated vehicles contain depleted uranium and can become a hazard to soldiers if the substance is exposed.

"The idea is to instill how important these skills are to a unit," Sgt. 1st Class Paul R. Guerrero, senior preventive medicine non-commissioned officer.

"The goal is for the soldiers to realize that without precaution, it opens the window to an increased number of non-combat related injuries," added the Dangriga, Belize native.

Many of the newly acquired skills come with practice. The soldiers conduct a full camp assessment to minimize the risk of unnecessary



Photo by Capt. Teresa Ovalle

A Georgian soldier digs a latrine trench as part of the 'latrine and shower building and maintenance' portion of the practical application exercise portion of the preventive medicine training.

environmental hazards such as insects, rodents, reptiles and previous hazardous waste material spillage areas.

A complete messhall inspection is done as well to ensure food is kept at proper temperatures and to prevent the growth of harmful microorganisms in and around the messing facility.

For outdoor messing and eating areas, the emphasis is placed on the distance the areas are to the waste sights and water collection points.

"Insects carry harmful microorganisms from

one source to another that can cause an outbreak and the distance helps to prevent such illnesses from happening," said Guerrero.

A "tick drag," pesticide application, water monitoring and analysis and heat stress monitoring, using the wet bulb method, are also part of the practical application exercise.

"I'm satisfied with the training," said Senior Lieutenant Avtandil Abshidze, battalion medical doctor, 113th Light Infantry Battalion, "because the soldiers understand their jobs and can use their skills in practical situations."

CDC summer health, safety tips

Centers for Disease Control and Prevention Press Release

The Centers for Disease Control and Prevention during a recent news brief called on all Americans to protect their health while they pursue summertime fitness and fun and provided key summer safety tips.

“Summer is a great time to enjoy the great outdoors and swim, hike, travel and barbecue, but we also want to steer clear of accidents and injuries,” Health and Human Services Secretary Tommy G. Thompson said. “By taking simple, common-sense precautions, we can have fun and stay safe at the same time.”

CDC Director Dr. Julie Gerberding, at the briefing, discussed the importance of taking simple, commonsense precautions that everyone can do to help keep families safe as they enjoy their summer.

Topics covered during the briefing included:

Sun and heat: Studies show more than a million cases of the most common forms of skin cancer are diagnosed each year, and that even a few serious sunburns can increase your risk of getting skin cancer. You can protect yourself during the time of day when the sun’s UV (ultraviolet) rays are strongest – between 10 a.m. and 4 p.m. – by wearing long sleeves and pants, and by applying sunscreen and

a protective lip balm with an SPF of 15 or higher. Be sure to reapply frequently especially after swimming.

Heat exposure caused 8,015 deaths in the United States from 1979-1999. Most heat-related deaths occur in the hot summer months, and the elderly, the very young and people with chronic health problems are most at risk. Because even healthy people can fall victim to summer heat, take the following precautions to reduce your risk:

- Drink plenty of water or other non-alcoholic beverages;
- Wear lightweight, loose-fitting clothing that is light in color;
- Reduce strenuous activities or do them during the cooler parts of the day.

Water Safety: Thousands of Americans drown each year, and thousands more are injured or killed in boating accidents. Drowning is the second leading cause of injury-related death for children age 14 and under. Follow these common-sense precautions for safe summer fun in the water:

- Always have an adult closely supervise young children any time they are swimming, playing or even bathing in water;
- Never swim alone or in unsupervised locations. Teach your children to always swim with a buddy;
- Never drink alcohol before or

while swimming, boating or water skiing, and never drink alcohol while supervising children;

· Learn to swim, as swimming lessons benefit adults and children age 4 and up;

· Properly maintain pools to prevent the spread of diseases. Never swallow pool, lake, or river water.

Food Safety: Summer is the season for outdoor barbecues and picnics; however, food-related illness can put a damper on those outdoor fests. CDC estimates that 76 million Americans get sick from food-related illness every year. More than 300,000 end up hospitalized and about 5,000 die each year from foodborne illness. Protect yourself and your friends and family in these ways:

· Cook meat, poultry and seafood thoroughly. Use a meat thermometer to be sure your grilled meats are “done.” Ground beef, for example, should be cooked to an internal temperature of 160 degrees Fahrenheit.

· Don’t cross-contaminate one food with another. Wash your hands, utensils and cutting boards after they have been in contact with raw meat or poultry and before they touch another food;

· Bacteria can grow quickly, so refrigerate leftover foods promptly;

· Wash produce thoroughly to remove visible dirt, and discard the outermost leaves of a head of lettuce or cabbage.



Photo by Lance Cpl. Andy J. Hurt

Hal Jones leaps for points against Randol Mckenie during a basketball tournament sponsored by the Marine Corps Ball Committee Firday at the base gym. Jones’ team went on to win the tournament.

HIDEOUT from page 7

whisked away to an undisclosed holding site. According to Army Spc. Rachel Roe, a legal advisor for the battalion, the location is kept secret not only for the Marines' protection but also for the protection of the detainees.

"We get a lot of death threats against them," said Roe, who is assigned to the 432nd Civil Affairs Battalion based in Green Bay, Wis. "And there are a few people who are not so happy that we have them."

No troops were injured in the raid in this small village, which is about three hours south of Baghdad. Marines made every attempt to minimize casualties, including sending in a specialized Army Reserve unit with loud speakers to warn residents to stay indoors.

The hideout was located in between a tight cluster of homes.

Not only did the Marines have to be on guard for Ba'ath security forces hiding on the rooftops, but also focusing on protecting innocent lives.

"It is unfortunate that the Ba'ath Party puts innocent people in danger by hiding behind them," Conlin said.

Even though the raid was successful, the Marines from the "First Team," as they refer to themselves, are not resting on their accomplishments.

With one group of suspected Ba'ath Party members arrested, they know there are more out in the province of An Najaf that are trying to stir up

trouble in this peaceful community.

"We want them to be worried," Conlin said. "But remember, desperate people do desperate things. We have got to keep our guard up out there."

DOD from page 1

noted. DOD would be able to offer promising people jobs immediately rather than having them fill out paperwork and wait six months. The new system would mirror hiring practices used in private industry.

If passed, DOD could deal with six or more national unions rather than negotiating with 1,300 separate local unions.

It would also give DOD relief from certain environmental regulations that stand in the way of realistic training for U.S. forces as they face combat, Rumsfeld indicated in the piece.

It would also streamline DOD's acquisition process.

"It now takes the department double the time it took in 1975 to produce a new weapons system – this in an age when new technologies are coming on line in months, not decades," he wrote.

Rumsfeld stressed that civilian employees will retain their job rights. The legislation would also change the way civilians are paid, promoted and rewarded. Rumsfeld said DOD did what it can within the department to spur personnel transformation. Congress must pass the legislation to allow DOD to move forward.

SYSTEM from Page 2

Congress too must pass these changes for them to become effective. Current RIF rules "are dominated by seniority," he said. "That's inconsistent with a pay-for-performance program."

Longevity counts first, veterans preference is second and performance, third. "As a practical matter, performance is such a distant third that it doesn't count," Chu said. "We've proposed to exactly reverse those three items. Performance would be first; veterans status, second; and longevity, third. We're very hopeful that the Congress will give us the authority to do that."

Chu said the proposals don't look to gut the civil service, but to bring it into the 21st century. The proposals respect the "bedrock" of the U.S. Civil Service. But they do place that bedrock firmly in the present.

Some proposals will not make it this year – they have not been included in either the Senate or House versions of the bill. There will be no authority to modernize the training system. "Under current law, we cannot train you for a job you don't have," Chu said. This will continue. The undersecretary said the department will resubmit this proposal next year.

He said that charges that the proposals would allow nepotism or political favoritism are "hogwash." He said that prohibited practices will still be prohibited. "It is critical that we assure people that their interests and our interests are aligned," he said. "We



Photo by Lance Cpl. Andy J. Hurt

Douglas Hawks wishfully putts the ball toward the hole during a Marine Corps Ball golf tournament fundraiser Friday.

have no interest in a weak civil personnel system. We want a strong civil personnel system to produce a first-rate team for the nation."

Chu observed it's important to modernize and transform the system not only for today's personnel, but also for tomorrow's. "We have to appeal to the next generation of talented men and women – the new people who are going to make the decision about

"Should I take a public-sector post?" he said. "We are not seen by the nation's young people as a good choice. We have to change that."

BRIEFS from Page 3

Marines interested should see the Semper Fit coordinator or call 577-6817. Resumes must be submitted no later than Oct.1.



Final days of July Sale!

By Jim Gaines
MCCS Publicity

Don't miss out on the terrific bargains in this July Sale - it's almost over. Take advantage of these great deals while you still have time.

Jumbo foods - a quarter pound, all beef hot dogs, pack of 20 for only \$14.99. Comes in assorted flavors: Jalapeno, cheddar, polish and regular.

A 19" BBQ grill - comes with four pounds of charcoal. Get it now for \$24.99

Gas BBQ, ready to go, get it for those great "Q" afternoons. Pick it up for just \$97.99

Crystal water sale, buy two bottles of Crystal Geyser water and receive a free 12 oz. bottle of flavored Crystal Geyser water.

One liter bottle regularly 75 cents, now two for a dollar, 1.5 liter bottle, regularly \$1.15, now 97 cents.

Gatorade, 32 oz., five flavors, regularly \$1.45, now 99 cents.

Snapple Tea, 16 oz. all flavors, regularly \$1.25, now 99 cents.

Pedestal fan, 16", model #R16/Ped, pick it up now for \$19.99.

Deluxe Air circulator, model No. WC-2000, great buy at \$19.99.

This sale is in progress now and will end July 31.

For more information call the Super 7 Store at 256-8974. The Super Seven Store is open Monday through Friday 6:30 a.m. to 9 p.m., Saturday 8 a.m. to 9 p.m. and Sunday 10a.m.

to 6 p.m.. The Railhead Exchange is open Monday through Friday 8 a.m. to 3 p.m., closed Saturday and Sunday. During troop rotation, the hours are Monday through Friday 8 a.m. to 8 p.m., Saturday and Sunday 10 a.m. to 5 p.m..

Base Championship **Golf Tournament**



Saturday & Sunday, Aug. 9 & 10

●7 a.m. Registration

●7:30 a.m. Tee Time

●Entry Fee \$20 (+ Green Fees & Cart)

●Registration Deadline is Aug. 7

●Limited to First 60 Registrants

●Food & Beverages Provided

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